

Fruit Slush300

Number of Servings: 300 (110 g per serving)

Amount	Measure	Ingredient
2 1/2	qt	Juice Drink, lemonade, white, fzn conc
2 1/2	gal	Pineapple, crushed, cnd, w/juice
5 1/4	qt	Strawberries, unswtnd, fzn, thawed
2 1/2	gal	Mandarin Oranges, cnd, w/light syrup
2 1/4	gal	Banana, fresh, slices

Nutrients per serving

Nutrition Facts			
Serving Size (110g)			
Servings Per Container			
Amount Per Serving			
Calories 80		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	21g		7%
Dietary Fiber	1g		4%
Sugars	17g		
Protein	1g		
Vitamin A 6%		Vitamin C 30%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Place first 3 ingredients in a mixing bowl and, using an electric mixer, mix until slushy. Gently mix mandarin oranges and sliced bananas; fold into slush mixture. Place in pans with slush mixture approximately 1" thick. Cover with plastic wrap. Freeze overnight.

Remove from freezer 1 1/2 hours prior to serving. Cut into # of portions to equal the yield of the recipe.

To serve, use a #8 scoop and dish up 1 level scoop (1/2 c) per serving. Place in small dessert bowls or monkey dishes.

1 serving = 1/2 cup = 1 #8 scoop

1/2 c. serving = 1 1/2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Storing :

- If frozen, store at an internal temperature of -10 - 0 F.